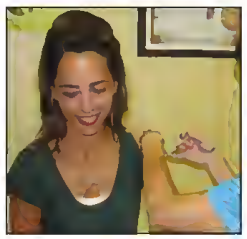
The Niagara Advance
www.niagaraadvance.ca
Thursday, October 17, 2013



Flu shot clinics underway

Public being urged to get flu shots 4

Smoking bylaw clears Regional hurdle

Overwhelming support for public smoking ban 14

Hockey season steams on

get it online

www.niagaraadvance.ca

Plant for future

Melissa Mangelsen Niagara Advance

Grade 4 students at St. Michael Catholic School, Rochelle Bautista, Julia Munera and Rachel Lum, get their hands dirty for the Planting for Change program last week. Story on Page 8

OPP report rise in suspended driving

Suspended drivers continue to drive because they want to, OPP says

Alison Langley
QMI Agency Niagara

People ignoring the law has led to a sharp increase in the number of suspended drivers being pulled over by Niagara police.

"There are people who just don't believe the laws apply to them...that's usually how they get suspended in the first place," said Staff Sgt. Jan Idzenga of the Niagara detachment of the Ontario Provincial Police.

"They'll continue to drive simply because they want to."

Idzenga said suspended drivers pose a "real safety concern" to to the public.

"Whatever the reason for the suspension, they should be a concern to all drivers who may be unfortunate enough to become involved in collisions with these drivers," he said.

See Page 5

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Library to expand service with smartlockers

Melissa Mangelsen
Niagara Advance

October marked the start of Canadian Library Month, which began to help raise awareness of the role that libraries have in the lives of Canadians.

With the theme of Libraries Connect, the Niagara-on-the-Lake Public Library has decided to add smartlocker to its services, connecting communities such as Glendale and St. Davids to the NOTL library.

"Basically what it is, is a pick up and drop off depot that will allow us to extend services to other areas, such as Glendale and St. Davids. Those two areas have generated the most inquiries about the service so that's where we'll be placing the first couple of smartlockers," said CEO of the NOTL library, Cathy Simpson.

The smartlocker would be placed in an internal building and communicates directly with the library at the point of collection and return which ensures that the loan period of the items starts on the day they were collected.

"Patrons would go to our website and reserve the items they want, and go to their local smartlocker with their card to pop them open," said Simpson. Collection and distribution of library items would be done by library staff and volunteer workers.

"We've already had people who said they would volunteer to distribute and pick up items. We're going to start off with a weekly service and depending on the demand may extend that to daily," she said.

The price of the lockers is $25,000, which includes 19 lockers and the patron-facing software to allow scanning. Though the price may seem steep, Simpson said the cost is 90% covered by development charges that the Town charges new residents.

"The development charges are directly linked to providing growth to the community."

Exact locations for the smartlockers haven't been determined yet, but places such as the new plaza in Glendale and the post office in St. Davids have been considered. The smartlockers are expected to be installed in 2014 to help provide better service to the more remote communities that make Niagara-on-the-Lake.

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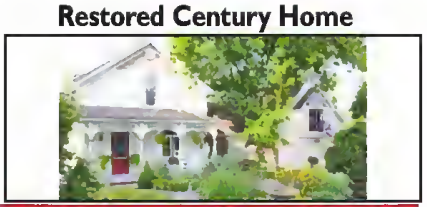
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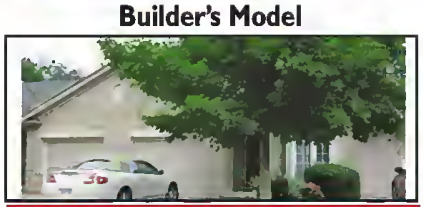
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NOTICE OF PUBLIC MEETING

Food Trucks & Special Events

PURPOSE
Food trucks are a relatively new phenomenon in Niagara-on-the-Lake. Recently there has been en increased interest in heving food trucks at a number of venues and speciel events throughout the Town. Other municipelities in North America ere elso working on this issue. This public meeting is intended to provide en opportunity for public input end comments regerding how best to deal with food trucks in the Town including where and when food trucks will be permitted. A draft zoning by-law amendment will be available in advance of this meating.

HAVE YOUR SAY
Input on eny proposed zoning chenges ere welcome end encoureged. You cen provide input by speaking at the public meeting or by making a written submission to the Town.

PUBLIC MEETING
Date: November 11, 2013
Time: 7:00 p.m. or ss soon ss possible thereafter
Place: Town of Niagara-on-the-Lake
Administration Offices, Council Chambers
1593 Four Mile Creek Road, Virgil, Ontario

WRITTEN SUBMISSION
To provide input in writing, or to request personal notice if the proposed change is adopted, please send a letter c/o Town Clerk Holly Dowd, 1593 Four Mile Creek Road, P.O. Box 100, Virgil, Ontario, L0S 1T0.

MORE INFORMATION
For more information please contect Leah Wallece, Senior Plenner et 905 468-3266, extension 245. A copy of this notice can be found on the Town's website at **www.notl.org**

LEGAL NOTICE
Section 16 & 34 of the Planning Act

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Town of Niagara-on-the-Lake before this matter is passed, the person or public body is not entitled to appeal the decision of the Town of Niagara-on-the-Lake Council to the Ontario Municipal Board.

If a person or public body does not make oral submissions at a public meeting, or make written submission to the Town of Niagara-on-the-Lake before this matter is passed, tha person or public body may not ba added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there is reasonable grounds to do so.

If you wish to be notified of the decision of Town Council in respect to this matter you must make a written request to the Town Clerk.

Dated at the Town of Niagara-on-the-Lake this 17th day of October 2013.

Thoughts on Niagara Stone Road traffic?

Any thoughts on traffic solutions on Niagara Stone Road?

Residents are accustomed to back-ups and difficulty turning on to the road from businesses in Virgil, especially during tourist season.

Officially named Regional Road 55, the road was part of the Town's Master Plan for Transportation, in which some problems were identified.

"The number of cars coming through, especially in peak tourist season, needs to be addressed," said deputy public works director Doug Kerr.

Since it's a regional road, at the Town's request, the Region is beginning the process of looking at solutions for the stretch from Four Mile Creek Rd. to East and West Line, he said.

It could be a matter of widening, especially between Line 1 and East and West Line—it would be more difficult to widen it through the busiest part of Virgil, from Creek R. to Line 1.

Other solutions could involve paving the shoulders, or a centre turn lane, he said.

The Region will hold the first public information centre to look at the environmental assessment process and recommend improvements, including road widening, said regional project manager Michael Wilson.

The purpose of the meeting is to obtain public input on the problems being addressed, review background information and the planning alternatives being considered. Anyone with an interest in this study is invited to attend and participate.

The public meeting will be held Tuesday, Oct. 22 from 6 p.m. to 8 p.m. at Niagara United Mennonite Church at 1775 Niagara Stone Rd. Philanthropy makes a difference in your community, and random acts of kindness are a way to encourage people to help others in their community.

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Get your shot

PENNY COLES Niagara Advance

Jacqueline Larocque gives Sara Friskey her annual flu shot at the Niagara Medical Centre. Both are registered practical nurses of the NOTL Family Health Team. Flu clinics run Thursday, Oct. 24 and Friday, Oct. 25 from 8:30 a.m. to 6 p.m. and Saturday, Oct. 26 from 8:30 a.m. to 2 p.m., and no appointment is necessary. Patients of the NOTL Family Health Team can also call for an appointment for their flu shot at the Niagara Medical Centre in Virgil at 905-468-3275 or the Primary Health Care Clinic at the hospital at 905-468-9189.

Tis' the season for flu shots

Theme of health fair, apples, promotes the importance of 'an apple a day keeps the doctor away'

Penny Coles
Niagara Advance

PENNY COLES Niagara Advance

Jennifer McGregor, Maria Bau-Coote, Jillian Grocholsky, James McQueen and Jennifer Carlucci of the NOTL Family Health Team are helping to organize the second annual Community Health Fair at the Community Centre Thursday, Oct. 24 from 10 a.m. to 4 p.m.

It's time to think about flu shots.

And while you're at it, learn about the non-profit health organizations in the region that could help you stay healthy, or tell you where to turn if you are experiencing health problems.

The Niagara-on-the-lake Family Health Team is holding its second annual Community Health Fair Thursday at the Community Centre, with about 40 non-profit organizations participating, offering interactive displays, refreshments and door prizes.

It's also the first day of the health team flu clinic, says executive director Maria Bau-Coote.

"They do partner well, since getting a flu shot is a huge part of staying healthy for the winter," she says.

And the health fair is twice the size of last year's, so there are many more reasons not to miss out.

Last year's event was a great success, with so many of the organizations which attended happy to return and many more anxious to participate.

"It's a great opportunity to showcase their services. It's a way for them to communicate the services they provide, and a way for residents to learn what is available to them in the region, most of it non-profit—Simpson's Pharmasave and Shoppers Drug Mart are the only two that are not.

As examples, Bau-Coote lists some that will attend: the Alzheimer Society, St. John Ambulance with their Therapy Dog Teams, Wellspring Niagara, the local Diabetes Association, an Continence Clinic, Regional Public Health, Palliative Care, and the Community Care Access Centre.

"There are a lot of services in the region that people don't really know about, different agencies that people aren't aware of," says Bau-Coote, including Brock University Heart Institute, which teaches people with heart problems exercises they can do to get healthy and stay healthy.

"People need to know what's out there and how to find it, and they need to know what they can access that they won't have to pay for," she says.

The theme of the health fair is apples—an apple a day keeps the doctor away—and everyone will receive a decorated brown bag with an apple in it, and can fill it with coupons and brochures from participating organizations. The first hundred people to show up will also receive a $5 voucher, donated by Phil's Valu-mart and the Fruit Shack, to use toward the purchase of fruits and vegetables.

The flu clinic at the community centre runs Thursday, Oct. 24 and Friday, Oct. 25 from 8:30 a.m. to 6 p.m. and Saturday, Oct. 26 from 8:30 a.m. to 2 p.m.

The health fair is Thursday, Oct. 24 at the community centre from 10 a.m. to 4 p.m.

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Conviction of driving while suspended costs thousands

From Page 1

"More often than not, these drivers continue to drive and, based on past experience, their driving behaviour will most likely be the cause of a collision."

Over the last three years, Idzenga said, there has been a noticeable spike in the number of suspended drivers apprehended on Niagara roadways.

In 2012, Niagara OPP and Niagara Regional Police charged 1,225 motorists with driving while suspended.

In 2008, 769 charges were laid.

Another concern, Idzenga added, is that motorists are uninsurable if their driver's license is under suspension.

In 2012, Niagara OPP and Niagara Regional Police charged 637 motorists with driving without insurance. In 2008, there were 580 charges.

A conviction for driving without insurance carries a $5,000 fine.

A conviction of driving while suspended for an Highway Traffic Act offence carries a fine of $1,000 to $5,000 for a first offence and $2,000 to $5,000 for a subsequent offence.

The courts can also impose a jail term of up to six months.

If found guilty of driving while suspended for a Criminal Code offence such as impaired driving, the fine increases to between $5,000 and $25,000 for a first offence and $10,000 to $50,000 for a subsequent offence within five years.

"The problem we continue to see is that these suspended drivers continue to drive regardless of fines, imprisonment or additional suspensions," Idzenga said.

"We will continue to pursue whatever means we can to apprehend these drivers."

New chapter for CCBF in Niagara–on–the–Lake

The Canadian Christian Business Federation (CCBF), a national association of business leaders, is creating a new chapter in Niagara on the Lake, Oct. 31.

Christian men and women involved in business – from those involved in real estate or insurance to business owners and entrepreneurs – are invited to attend the launch of the local chapter at Caldwell Securities office, 437 Mississauga St., beginning at 7:15 a.m.

CCBF executive director Keith Knight says the creation of the NOTL chapter comes at the request of local members who have been longing for a place to meet monthly over breakfast.

Knight reports that growth within the 30-year-old organization has been incredible over the past three years.

"We've responded to the need by opening up chapters across Ontario, the Prairies, and B.C. Our membership crosses denominational boundaries," said Knight.

"We have members who are evangelical, Presbyterian, Anglican, Roman Catholic, Mennonite, Reformed or Baptist. They all have one thing in common: They want to connect their Sunday faith with their Monday work."

The monthly breakfast meetings generally last an hour and they're a place for business leaders to talk about business issues from a biblical perspective. They deal with issues such as integrity, courage and risk-taking, team building, time management, power and influence, leadership, self-discipline, and conflict management.

The only cost is the price of the breakfast. Participants are asked to buy their breakfast at Tim Horton's next to the Caldwell office and bring it to the meeting.

To reserve your seat, send an email to Phil Mitterhauser at phil.ccbf@gmail.org .

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opinion page

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MICHAEL CRESSMAN, Publisher, 905–358–5711 ext. 1111
Michael.Cressman@sunmedia.ca

PENNY COLES, Editor, 905–468–3283 ext. 103
Penny.Coles@sunmedia.ca

MYRA ROBERTSON, Sales Manager 905–871–3100 ext. 202
Myra.Robertson@sunmedia.ca

our editorial

NRP crack down on distracted/suspended drivers

The Niagara Regional Police have undoubtedly heard some creative excuses for avoiding a ticket.

Some just don't feel that the laws apply to them.

The NRP have noticed a sharp increase in the number of drivers being pulled over for driving while suspended. It may be hard to come up with an excuse for that, but keep in mind - if you don't think the law applies to you, you will be slapped with a fine of $1,000 to $5,000 on the first offence.

In recent months the NRP has also shifted their attention to nabbing distracted drivers - whether it's people on their cell phones, not paying attention or driving aggressively. It seems that with all the education and blunt facts that texting while driving kills, people still don't seem to get the message.

Is it because they believe that law doesn't apply to them? Or is it because they think that they possess a higher skill level of texting while driving than other people do.

The fact is that people who are texting while driving are 23 times more likely to be involved in a crash.

Deaths involving distracted driving have increased and surpassed deaths caused by impaired drivers. Driving distracted should be considered as serious as driving impaired and carry a stiffer fine, such as loss of license. Drivers, especially those who use their vehicles to commute to work, will be far more concerned about a loss of license as opposed to a monetary fine.

There is no excuse for distracted driving.

Although excuses police here can be creative, none is more creative than the man who led police on a high-speed chase because he wanted to buy time to finish is Big Mac.

The things we come up with when we're in a bind.

Be smart on the roads and be safe - it's simply not worth it.

Not an oil rig

The 'oil rig' Niagara-on-the-Lake residents saw in Lake Ontario for a few days off the coast of the Parks Canada property was actually working on intake water pipes, the St. Lawrence Seaway reported. The tug was the Ecosse, out of Hamilton, pulling a small barge with 'legs' that could be lowered into the lake to work on the pipes. it wrapped up its work and returned to Hamilton Friday.

PHOTO PROVIDED

letters to the editor

Council and region put careful thought into planning

I'm writing in response to last weeks letter from J. Tupman and beg to differ offering another point of view. I sincerely believe both our Town and Regional Councillors put a lot of careful thought into planning not always ideal but definitely not inept.

Firstly I do indeed hope you are the only resident in NOTL alarmed at the latest plans for Regional Road 55 however I sincerly hope it can all be achieved in a timely manner for the sake of commerce, road consruction has been the death knell of many an enterprise.

The three lane plan will certainly help with the the local flow entering and exiting the many functional businesses in "The Village of Virgil" giving us all far better access.

I say 'Village' because with some of the newer establishments I believe Virgil like the Old Town will eventually come into it's own with yes (your words) gawking tourists and Why Not ? In order to do this, what Virgil town planning requires is 'Street Calming' which results in slowing the traffic down definitely not speeding it up, doing so will result in a a more pedestrian friendly feel more conducive to a pleasant shopping experience. Virgil is not a thoroughfare or never should be, it really is more of a High Street or Main Street if you will, this is where a lot of us shop for groceries, hardware, dryclean-ing, furniture do our banking, service the car. The newer businesses that are now making all the difference fit in perfectly with agri-tourism such as the fabulous little bakery/cafe/pub The Pie Plate and right opposite Silversmith Brewery that not only hand craft their products but also offer other micro beers served by the pint (a little known secret) last week I tried one with New Zealand hops that was no less than spectacular, this is real ale folks. Both of the latter have invested huge sums of money and the last thing they need is a four or five lane highway as you suggest, luckily this will never ever happen as the property set backs are insufficient, thank goodness. Your main concern seems to be response times incase of medical emergencies, there's one thing I know about drivers, generally they always quickly pull over to make way for emergency vehicles when they hear a siren.

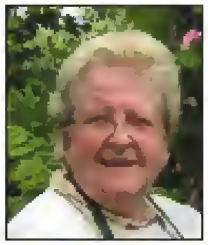
In terms of getting around The Township of NOTL you will find a good map very useful. If I don't have to be on Hwy 55 I'm not because there are so many other routes whether your going to St. Catharines, The Falls or to the QEW. Now onto Roundabouts which I adore, infact they actually keep the traffic moving very well, they are far more cost efficient and better for our enviroment cutting out all that stopping and starting with unnecessary wear and tear on your breaks. To me Roundabouts are the smart way to go, they are like poetry in motion, you just keep driving being preparred to yield to your left, if you need practice go up to Mountain Road.

See Page 7

opinion

Follow instructions for results you want

Want to get rid of the squirrels that can be a pest to your garden? Add some blood meal



Jean Cochran
Happy Gardening

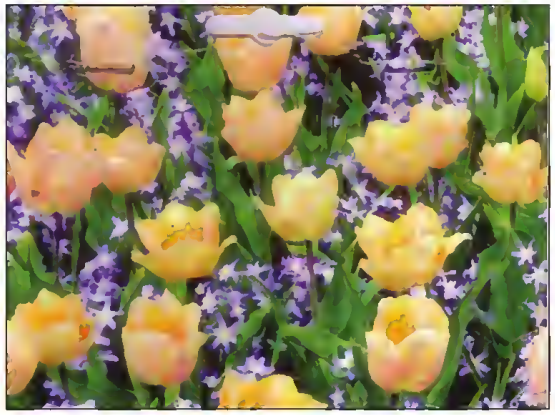
The old adage still is true – when all else fails read directions! Since it is now time to plant your bulbs it is important to get things right because if you do you will reap the rewards for years to come.

The instructions that come with your bulbs help with it all, except perhaps the sore back – but since you are on the job anyway why not double plant? So, you are planting tulips or daffodils, just picture them against a background of flowering "Chionodoxa", a tiny flower which comes in white pink or blue. Make sure your flowering dates match.

The large bulb goes in with some bonemeal then as you cover it add your small bulbs, around it, if squirrels are a problem add some blood meal, or better yet plant Puschkinia for your background, it has a small blue flower and squirrels do not like it.

There is a large selection in the bulb family so you can get brave and try something different.

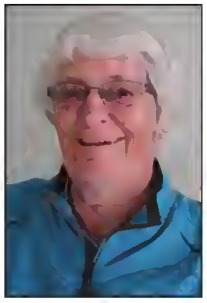
Happy Gardening.



Jean Cochran's yellow tulips against a background of flowering chionodoxa, a tiny flower that comes in white, pink or blue.

Photo by Jean Cochran

Newark closed Sundays



Barbara Ahluwalia
Newark Neighbours

We hope you all had an enjoyable Thanksgiving this past weekend, the weather was certainly very kind to us.

Our thanks go to Creekside Senior Estates for the boxes of groceries we received last week, also to Mr. and Mrs. Ed McCarthy for their donation of turkeys and hams, and to Bert Devesne for the turkey.

At the Plenty Market held at Stratus Winery, Oct 6 Newark Neighbours had a stand informing the visitors about the organisation, Hendrick's Valu Mart in NOTL kindly donated a turkey, and a draw was held.

The winner was Connie Kyriacou. The final Farmer's Market of the summer was Oct. 5 and our thanks to all those who have dropped of groceries or cash donations throughout the season.

We are no longer opened on Sundays until next spring, hoodies, boots, sheets and towels are always welcome.

Our hours are Monday, Tuesday,Thursday, Friday, 9:30 to 2 p.m. For more information call 905-468-3519.

letters to the editor

From Page 6

I would love to see a traffic circle at the East/West Line intersection with a beautiful floral display (the horticulture dept excels at this) welcoming the tourists to the stunning Old Town.

I'm so glad you wrote your letter we do all have different opinions and thankyou J. Tupman you have given me such a wonderful opportunity to air mine. Finally a couple more suggestions for 'The Village of Virgil', years ago I was a member of The Queen Street Business Association and we conjured up the slogan "The Prettiest Town in Canada" now it's Virgils turn, more should be done with the beautification of "the Village", benches, flowers and quaint street lighting is a must and a couple of Zebra style cross walks would also help to slow traffic down even further ! Virgil with the new plans you will be well on your way.

Simon Clery
NOTL

Lights allow quicker access off Hunter Road

I am writing in response to a comment made in a letter to the editor in the October 3rd issue of the Niagara Advance regarding the stop lights at the intersection of Hwy. 55 and Hunter Road.

As a resident of Stone Road Village I am very grateful to the Region, Town of Niagara-on-the-Lake and Niagara Ina Grafton Gage for the installation of the traffic lights.

The lights allow those of us who exit off Hunter Road heading toward Niagara-on-the-Lake much quicker and safer access to the highway. Those left turns can be a challenge! The lights ensure safe crossing for those of us who regularly use the bike/walking path. This includes neighbourhood children. I also feel that traffic lights give those coming off of Niven Road a better chance to merge onto the highway during peak traffic times.

The new community that has been established in our apartment building is an active community with people participating in programs offered at the local library and Community Centre, dining at our local restaurants, etc. There are also many visitors and guests coming and going every day. Add this all up and you see a dramatic increase from a year ago in the number of vehicles using this intersection.

So, thank you again! We appreciate the lights!

Barbara Warkentine,
NOTL

Twinning Garden City Skyway could impact airport

Reference the article describing the possible twinning of the Garden City Skyway in the 10 Oct 13 edition of The Niagara Advance, I noted that Niagara-on-the-Lake Town Councillors had only one concern about the possibility of a second bridge, that concern being the Anglican Church on Queenston Road. As a past manager and supporter of Niagara District Airport, I would have expected some concern on the part of Town Councillors, particularly the Councillor on the Airport Commission, for one of the Town's largest assets, the Airport. The proposed new span across the Welland Canal just north of the current bridge will be closer to the critical approach area for Runway 06 at the airport and could increase the risk of landings and takeoffs on the Airport's main runway.

When as Airport Manager I was asked for comment on the proposed twinning of the Skyway by Ontario Government Officials in 2010, Ontario Ministry of Transport (MoT) officials and consultants were suggesting 3 alternatives; a tunnel, twinning to the south and twinning to the north. I made it clear then that the airport preferred the tunnel option, but that twinning to the south might work out, particularly if the bridge deck were to be lower than the current one and the light standards also lowered. I advised the MoT that there was a very strong possibility that the Niagara District Airport Commission and Transport Canada might aggressively oppose any encroachment by new bridge construction into the Federally protected and regulated airspace in the vicinity of the Airport.

None of the reporting I've seen on this subject indicates that this issue has been addressed. I think Councillors should be concerned until it has been resolved.

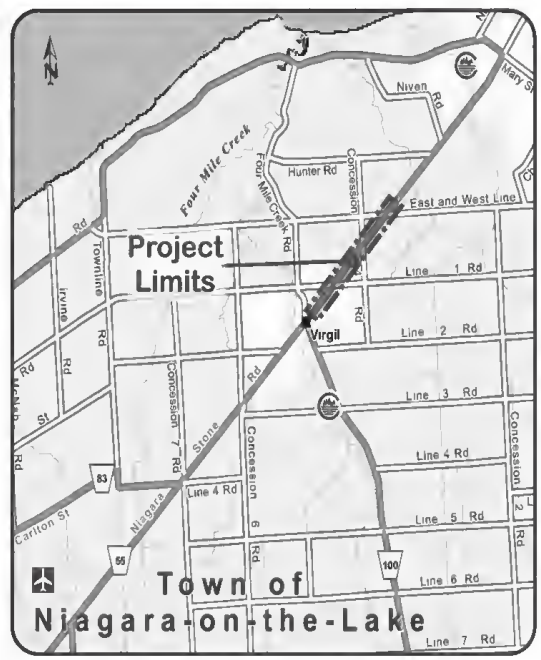
Kenn Moody
St. Davids

PUBLIC NOTICE

NOTICE OF PUBLIC INFORMATION CENTRE #1
Municipal Class Environmental Assessment
Regional Road 55 (Niagara Stone Road)
From Regional Road 100 (Four Mile Creek Road)
to East West Line
In the Town of Niagara-On-The-Lake

The Study
Niagara Region has initiated a Class Environmental Assessment (Class EA) to evaluate and recommend transportation improvements on Regional Road 55 (Niagara Stone Road) from Regional Road 100 (Four Mile Creek Road) to East West Line in the Town of Niagara-on-the-Lake.

The Process
The study is being conducted in compliance with Schedule C of the Municipal Class Environmental Assessment (October 2000, as amended in 2007 and 2011), which is approved under the *Ontario Environmental Assessment Act*. Public and review agency consultation is a key element of the Class Environmental Assessment process and input will be sought from various parties throughout this study. At the conclusion of the study, the process followed will be documented in an Environmental Study Report (ESR) and will be made available for comment.



Public Information Centre
Two Public Information Centres (PICs) are planned for this study. The first PIC will be held on:

Date: **Tuesday, Oct. 22, 2013**
Time: **6 – 8 p.m.**
Location: **The Niagara United Mennonite Church**
1775 Niagara Stone Road
Niagara-on-the-Lake, ON

The purpose of the PIC is to review and obtain public input on the problems being addressed, background information and the planning alternatives being considered. Anyone with an interest in this study is invited to attend and participate.
If you are unable to attend the Public Information Centre and would like to provide comments, please forward them by **Tuesday, Nov. 12, 2013** to either one of the following project team members:

Mr. Steve Brant, P. Eng.
Consultant Project Manager
Urban & Environmental Management Inc.
4701 St. Clair Avenue, Suite 301
Niagara Falls, Ontario L2E 3S9
905-371-9764 ext 242
Fax: 905-371-9763
SBrant@uemconsulting.com

Mr. Michael Wilson, A.Sc.T.
Project Manager, Transportation Engineering
Niagara Region
2201 St. David's Road
Thorold, ON L2V 4T7
905-685-4225 ext 3183
Fax: 905-687-8056
michael.wilson@niagararegion.ca

If you require any accommodation for a disability in order to attend and participate in this first PIC, please contact the **Accessibility Advisory Coordinator** at 905-685-4225, ext. 3252 or **accessibility@niagararegion.ca** to make the appropriate arrangements.

Personal Information Collection
Personal information collected at public meetings or submitted in writing is collected under the authority of the Municipal Act, 2001, and will be used by members of Regional Council and Regional staff. The written submissions including names and contact information and the report of the public meeting will be made available to the public. Questions should be referred to Janet Pilon, Regional Clerk at 905-685-4225 ext. 3220.

Notice first issued Oct. 10, 2013

Niagara Region
/niagararegion www.niagararegion.ca @niagararegion

Planting for Future program gives students pride

Planting area acts as a climate change outdoor classroom/lab, providing hands-on education for students

Melissa Mangelsen
Niagara Advance

After hard work, sweat and getting dirty students at St. Michael Catholic School hosted a birthday tree party. The tree party was the official welcoming of the new trees that students planted on their school grounds.

The trees were planted because of a joint partnership between St. Michael CES, Climate Action Niagara and the Association for Canadian Educational Resources.

St. Michael was the 23rd school in Ontario to participate with this program and is a leader in the province with 47 schools certified as Ontario EcoSchools. For the past three years Niagara Catholic has been the only school board in Ontario to have every school in its board receive Ontario EcoSchools Certification.

As part of an EcoSchool St. Michael participates in liter-less lunches, tree planting, turning off lights and computer monitors, recycling printer and toner cartridges, purchasing reusable drinking bottles, recycling scrap paper, using porcelain dishes for lunch, photocopying on both sides of documents and using email over paper.

The Planting for Change program from the Association for Canadian Educational Resources works to help classrooms create a schoolyard planting site that acts as a mini-climate change outdoor classroom/lab. It's also referred to as a tree research station.

Trees were planted between the primary and junior climbers at the school. Their end goal is to plant 45 shrubs and 20 trees once they obtain approval from the board.

Sweaters for Syria

Penny Coles
Niagara Advance

Are you digging out your winter clothes? Finding sweathers that no longer fit or asking yourself why you bought one you've never worn?

Trinity Lutheran Church is asking you to consider donating new or good-condition sweaters to send to Syrian refugees, who face another cold, wet winter after being displaced from their homes.

Trinity Lutheran is partnering with Canadian Lutheran World Relief and Lutheran churches across Canada. The goal is to collect 10,000 sweathers by the end of October.

Men's, women's and children's sweaters of all kinds are needed, and may be dropped off Saturday, Oct. 12 or Saturday, Oct. 19 from 9 a.m. – noon at the church at 2027 Niagara Stone Rd.

Anyone donating a sweater is welcome to stay for coffee and conversation.

The sweaters will be distributed to Syrian refugees living in the Zaatari refugee camp, said Andrew Korchok of Trinity. Close to the Syrian-Jordan border, It's one of the largest refugee camps in the world, home to about 125,000 people. It's become the fourth largest city in Jordan.

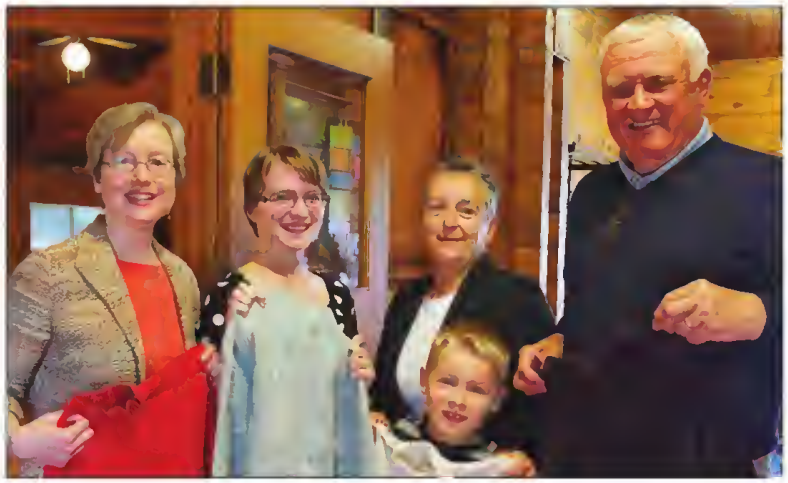
Many still live in tents and lack warm clothing after having fled their communities with little more than the clothes on their backs.

"It's apparently very cold and very wet there," says Korchok.

It's a harsh climate, with temperatures hovering around the freezing mark in the winter, he said.

Home Hardware stores, with some regional transport partners, are providing free shipping to get the sweaters to CLWR headquarters in Alberta, with the church organization paying for shipping from Alberta to Jordan, he said.

Canadian Lutheran World Relief carries out international relief, development, and refugee resettlement on behalf of Lutherans in Canada.



PENNY COLES Niagara Advance

Trinity Lutheran Church members Sandy Ritter, Katherine Korchok, Karen Goetz and grandson Cal, and Klaus Reimers show off a few of the sweaters they will be shipping to help Syrian refugees facing a cold, harsh winter.

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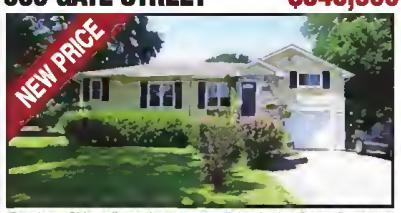
34 FIRELANE 7 $1,400,000

The only waterfront residence on this firelane set on 1 1/4 private acres of extensively landscaped lawn & gardens. A 2500 sq.ft Cape Cod style home with approx 290 feet of waterfront on Lake Ontario with shoreline protection, concrete boat ramp and lake views to Toronto skyline. **MLS# N30025640 Thomas Elltoft and Viviane Elltoft.**

634 SIMCOE STREET $612,000

Outstanding custom built bungalow offering a blend of traditional details, tasteful decor and desirable floor plan. Convenient location close to new community centre and library. **MLS# N30024565. Thomas Elltoft and Kim Elltoft.**

535 GATE STREET $349,900



Spacious Side-split on large corner lot minutes from downtown Niagara-on-the-Lake and a short walk to the commons. This quaint and bright 3 bedroom home boasts a large master bedroom. Enjoy your evenings in the private backyard and deck. Lots of opportunities to make this property your own. **MLS # N30023020. Rob Wilkinson.**

611 SIMCOE STREET $689,000

This remarkable 3400 sq. ft. custom built home, ideally located on the corner of Anderson Lane and Simcoe, is meticulous in its finishing's and design. Many features include hardwood floors, open concept in many areas, Guest suite or office over the garage, a third floor with extra bedroom/den. Beautiful sunroom with wood burning fireplace, and the list goes on. The perfect setting for family and entertaining. **MLS New. Phyllis Henderson and Chris Bowron.**

642 RYE STREET $645,000

Located on a quiet tree lined street in the old town this spacious completely updated 3 bedroom, 3 bathroom home with double garage is set in an idyllic garden complete with beautiful solar heated in ground pool and large deck. **MLS# N30021445. Viviane Elltoft and Thomas Elltoft.**

310 NIAGARA BLVD $729,000

Charm and sophistication abound in this beautifully situated bungalow. Gorgeous gardens with flagstone, oversized deck, pergola and fountain. Newly renovated inside with top of the line materials. 4 Bedrooms. **MLS# N30020520. Bonnie Grimm.**

705 LINE 2 ROAD $489,000

Well designed custom built home (2000) in great family neighbourhood partly surrounded by greenbelt. This 4 bedroom home offers an open concept plan, finished basement, attached 1.5 car garage and deep backyard overlooking vineyards.
MLS# N30025432. Kim Elltoft and Thomas Elltoft.

10 MELROSE DRIVE $779,000

Beautiful redone ranch style home in Bevan Heights located in St. David's. Large Treed Lot, with Walkout, Irrigation, Deck and Ravine. This is a must see! **MLS# N30024233. Cheryl Carmichael and Trish Badham**

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Victoria Bolduc*	905-941-3728	Audrey Wright*	289-241-0212	Phyllis Henderson*	905-932-2589
Philip Bowron*	905-348-7828	Trish Badham*	905-282-1878	Robert Wilkinson*	905-380-3851
Bonnie Grimm*	905-468-1256	Viviane Elltoft*	905-468-2142	Kevin Stokes*	905-988-3222
Ralph Tallman*	905-488-2973	Thomas Elltoft*	905-380-8012	Colleen Blake*	905-328-8799
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Scuba program graduates first handicapped diver

NOTL diver, Kostecky's dream of providing scuba to handicapped divers becomes a reality

Melissa Mangelsen
Niagara Advance

Scuba diving is more than getting your feet wet.

For those who are disabled it brings a new world of freedom, exploration and activities that they can enjoy.

The Handicapped Scuba Association (HSA) graduated their first class of students who will act as dive masters and dive buddies to the disabled. This group includes everyone from quadriplegic to visually impaired.

That class, which is headed by Felicia Kostecky of Niagara-on-the-Lake, graduated 10 divers all of the Niagara Frontier area who are now qualified to help the disabled experience life underwater. The local HSA Training Team includes, Marilyn Rundle of Ridgeway, Nestor Kopko of Oakville, Susan Holmes of Waterdown, David Hurst of Ridgeway, Gordon Ross of Brantford, Anna Jackson of Schomberg, Jaia Konik of St. Catharines, Adam Kotiw of Mississauga, Nicole AuCoin of Guelph and Kostecky.

Four of the graduates were there to take Mitch Brogan through his qualifying paces.

He became the first graduate, which now qualifies him as an HSA advanced open water diver.

"It was a thrill to see Mitch complete his qualifications. It was equally thrilling to see so many of the recent HSA graduates want to support him through the process. These students will form the base for sharing the joys of scuba with more people who otherwise would not have access to the wonders of the underwater diving experience," said Kostecky. "it is an exhilarating experience for both the diver and their buddy."

For Mitch, who was left with a C4/5 incomplete spinal cord injury after being hit from behind by a drunk driver while bicycling, graduating from the program was something he never thought possible.

"I used to dive before my accident, but once I became a quadriplegic I didn't think I could ever get back in the water and dive," he said.

Mitch said the biggest challenge he has as a quadriplegic diver is getting his wetsuit on.

"That's definitely the most difficult part," he laughed. "After it's on and the equipment is on I'm able to do everything anyone else could do underwater - it's great because everyone can explore underwater."

"Scuba is a great equalizer so disabilities have little impact," said Kostecky.

"It's funny because having perfect buoyancy is crucial to scuba. I hear a lot of able bodied people say that they don't have as good of buoyancy. My buoyancy is much more trim compared to able bodies divers," said Mitch.

"My goal is to dive the Empress of Ireland. It's a really special spot within my family. My grandfather dove there, so I'd like to carry on that tradition," he said.

His advice to other people with disabilities is to give scuba a chance.

"If you want to see a different world then dive, it's unlike anything land-lovers could experience and your'e able to go beyond your limitations that you have on land," he said.

The local HSA training program was launched in August by Kostecky, with the help of HSA International Founder, Jim Gatacre who came from California for the course.

"The demand for scuba for the disabled is strong; it brings a new world of freedom, exploration and activities that they can really enjoy," said Gatacre. "There has been considerable excitement in the region from both the US and Canadian sides of the border."

Adventure Scuba and Watersports is the only dive shop in Canada with the designation of HSA training centre.

"We're really proud of our local area to be able to certify and train disabled people in scuba. It's so amazing to see their dreams come true and to see their faces underwater," said Kostecky.

"It was a very eye opening experience - how able you become in the water," said Rundle, who wore a blacked-out mask to simulate blindness. "The HSA brings people with disabilities new inspiration, experience, friendships and a new beginning."

The program is year round, with new students starting this week. With the cold weather on the way their training will be inside and working pool skills.

The program is run out of Adventure Scuba and Watersports of St. Catharines.

For anyone who is interested in becoming a part of this program call 905-938-3483, email hsa@hsascuba.com, visit www.hsascuba.com or www.adventurescuba.ca

Mitch Brogan became the first graduate of the Handicapped Scuba Association's dive program, which is run out of St. Catharines. The program brings NOTL's Felicia Kostecky, dream to provide opportunites for handicapped scuba to Niagara.

Photo provided

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NHS to balance books due to financial crunch

Grant LaFleche
QMI Agency Niagara

Niagara Health System supervisor Kevin Smith said the NHS is facing a financial crunch and has no other option but to look inward to balance the books.

There is no new money coming from the provincial government and the NHS is projecting a $12-million shortfall.

"What does our vacancy pool look like? Are there positions we have been recruiting for that we can delay or perhaps not hire at all? What about our contracts? Are there savings there? What about our capital investments, which are separate of course, but one looks at the whole picture," Smith said. "And only after that, when there is no more room for savings, do we say we are going to look at cutting services."

For years, the NHS has carried an operational debt of about $13 million. The system's administrators say the NHS is already financially efficient, but costs continue to climb. The new hospital in St. Catharines, with expanded cancer and cardiac services, added about $30 million to the annual operating budget.

In the past, the NHS has been able to overcome the deficit through government funding increases or internal savings, such as not filling vacant nursing positions.

Although the NHS leadership says cuts to nursing staff, closing beds or reducing services is the last option, hard choices will have to be made, Smith said. A new hospital in south Niagara might also help reduce long term costs.

"There is still a lot of work to do on this, obviously, but we are going to have to make big and bold decisions," interim CEO Sue Matthews said.

Matthews said the NHS has a clear process that dictates how it can trim money from the budget. The NHS first looks to increase revenue, including parking fees, cafeteria prices, rent and other services. Next, it can look at cutting back administration and support services, which also includes infection control, laundry, food services and hospital management.

After that, the NHS can start considering medical services.

The union representing local nurses said simply cutting back on nurses or eliminating some of the approximately 90 vacant nursing position at the NHS won't guarantee savings.

"This isn't just an issue with the NHS. I think hospital administrations across Ontario cut back on RNs (registered nurses) to balance their budgets and they think they are doing a good job, but they really aren't," said Loretta Tirabassi-Olinski, a former nurse and president of the Ontario Nurses Association Local 26.

Tirabassi-Olinski said it is true that with salary and benefits, a full-time RN is expensive.

"But it is where you get the most bang for your buck," Tirabassi-Olinski said, noting that patients have better results when treated by RNs rather than registered practical nurses. More RNs results in better patient outcomes, resulting in fewer re-admissions, she said.

Since it costs the NHS $229 a patient visit in the ER, and $1,139 a day for inpatients, reducing the number of return visits would reduce costs.

While Matthews and Smith said they cannot say yet if there will be staffing cuts, one area they are likely to target is overtime, which has been a chronic issue for years.

"We have made some progress," Matthews said. "In 2007, we had 273,000 overtime hours. In 2012, that was down to 160,000. That is still high, but it is an improvement."

That 160,000 hours costs the NHS about $3.5 million.

Matthews said enforcing collective agreements will help continue to reduce overtime. Tirabassi-Olinski said filling vacancies will ensure units are properly covered, which will help cut overtime and reduce stress on nursing staff.

Smith said while there is no new money for hospitals, the province is boosting funding to alternative forms of care in the community, including home care and long-term care homes.

"We are going to see 5% reinvestment by the ministry in community-based care. So our strategy is align, as much as we can, those places where we might be changing our services or looking for efficiencies with the kind of investments that are being made in the community."

Hospitals want to discharge patients who no longer require acute care, but still need medical attention. But there has to be somewhere to move those patients.

Resources in Niagara have allowed the NHS to drastically increase the number of alternative level of care patients it can discharge, Matthews said.

Smith said long term, a key part of balancing the NHS books may be the construction of a new hospital for south Niagara.

The proposed new hospital would replace the Niagara Falls and Welland facilities. Smith said operating the aging buildings in both cities is increasingly expensive and a new hospital with modern infrastructure will help save the NHS money.

Although the Queen's Park is not offering more operational cash, Smith said a case can be made for investing in a new south Niagara hospital.

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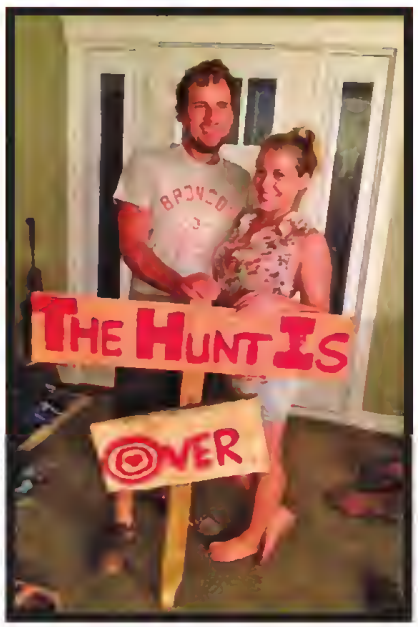

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Lynn Stewart at (519) 654-9648 (lynn.stewart@molex.com)

Smoking bank clears Regional hurdle

> Smoking ban expected to become 'part of social behaviour'

Jeff Bolichowski
QMI Agency Niagara

A ban on smoking in public in Niagara has leapt its first of many hurdles.

Regional council gave its overwhelming support Thursday to the bylaw, which bans smoking in parks and other public places.

But the bylaw has a long way to go before becoming law. It must survive a triple majority vote and must be passed now by a majority of local councils representing a majority of voters in Niagara.

"Parents want the ability to refer to a bylaw or point to a sign to ask someone (smoking) to move where children are active," said Maria Brigantino, manager of chronic disease and injury prevention for the Region.

"This is a good next step for Niagara to continue to protect children and vulnerable people from the dangers of tobacco smoke."

The bylaw, which will run up costs of $30,000 for signage and $60,000 for education, passed with heavy support, with only Niagara Falls Coun. Selina Volpatti and St. Catharines Coun. Andy Petrowski voting against it.

That came after Volpatti tried and failed to gut the bylaw, first by removing the main clause enforcing it. After that was shot down by Regional staff, she attempted to remove a section enforcing the bylaw whether a sign is posted or not, but no councillors backed her up.

"How is a visitor to know they're not supposed to smoke in an area where we have no signs of any kind posted, but you're still guilty if you smoke there?" she said.

Medical officer of health Val Jaeger said the Region only employs four or five tobacco enforcement officers and said it's impossible for them to approach people and enforce the bylaw directly.

And she said signs are not posted banning littering or spitting on the sidewalk.

"These are things that, over time, become part of social behaviour," Jaeger said. "That is our hope."

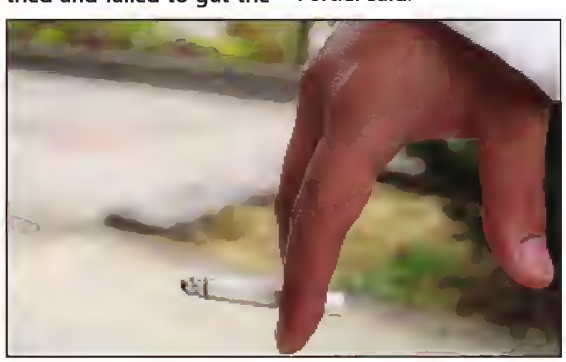
Volpatti chafed at the answer.

"The fact is, it's there," she said. "It can be used against anyone we want to target. It's not right and it's not fair."

The bylaw still allows smoking on highways, roads, beaches, trails and public housing units. Parking lots and sidewalks are also fair game, but not within nine metres of an entrance or exit from a public building.

The nine-metre radius was not enough for Welland Coun. Dan Fortier.

"I'm a little concerned about that. I think it needs to be more restrictive," Fortier said.



Regional council supports ban of smoking in public areas.

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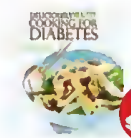

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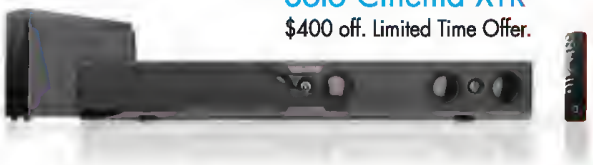

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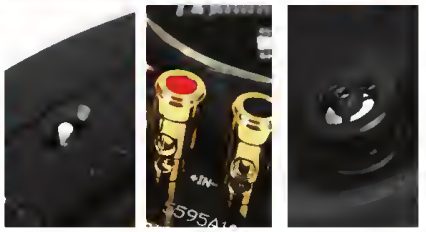

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Liberals robbed taxpayers of $1.1 billion, says Hudak

Matt Day
QMI Agency Niagara

The $1.1 billion wasted in the gas-plant scandal would have been enough to pay for a new hospital in south Niagara, says Ontario PC leader Tim Hudak.

The scandal prompted Hudak to put a confidence motion before the legislature last spring, even though NDP leader Andrea Horwath won't back it and the Liberals won't put it on the legislative agenda.

He said he's hoping for a spring election, but that doesn't seem to be in the cards. Even if Horwath was to change her mind as all three parties need to agree for a confidence motion to hit the legislature.

Hudak, Joined by Niagara Falls Conservative candidate Bart Maves, toured Niagara Thursday talking about his party's job strategy and his disappointment about the cancelled gas plants in Oakville and Mississauga.

"The Liberals robbed the taxpayers of $1.1 billion and the NDP are driving the get-away car," Hudak said during a sit-down interview with The Review two days after Ontario's auditor general released the report. "(Liberal Leader) Kathleen Wynne thinks just saying sorry is good enough. I would hold people accountable.

"No one has been fired. No one has been kicked out of the cabinet. This simply means unless we change the government it's going to happen over and over again."

The effects felt in Niagara, he said, are magnified as Niagara mayors continue to push for a new hospital serving Welland, Port Colborne, Fort Erie and Niagara Falls.

"I have been a strong supporter of (Niagara Health System's supervisor) Kevin Smith's recommendation to build that new hospital," Hudak said. "We need a hospital that is modern."

On the same day Hudak visited Niagara, NDPer Cindy Forster, Welland's MPP, questioned the Liberal givernment's priorities that put gas plants ahead of horse racing in Fort Erie and the rest of Ontario.

The government is expected to release the Horse Racing Transition Panel's report Friday.

The hospital will be a major issue once a byelection is called to fill former Niagara Falls MPP Kim Craitor's vacant seat following his sudden departure last month.

Maves said he's happy to hear Hudak is committed to a new hospital.

Wynne has repeatedly said building a south Niagara hospital is not on her party's agenda.

"If we had a new hospital that was well staffed … from a medical point of view, it's the right solution," said Maves.

He also called Niagara Falls Mayor Jim Diodati a "go getter" for pursuing a university campus for the downtown, although when asked if a PC-led government would back such a proposal, he said he doesn't have much knowledge of the plan.

Hudak said whenever the next election is called, his campaign will focus on creating more jobs in Ontario, saying the province has lost 300,000 manufacturing jobs since the Liberals came to power in 2003.

He said he plans to do that by cutting corporate taxes, allowing them hire more people.

Hudak said he would also call for a wage freeze for MPPs and would end Ontario's Drive Clean program.

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Philanthropy making a difference in community

Penny Coles
Niagara Advance

Philanthropy makes a difference in your community, and random acts of kindness are a way to encourage people to help others in their community.

Liz Palmieri, executive director of the Niagara Community Foundation, was at council last week to talk about the leadership role of the foundation and its promotion of philanthropy in our community.

"You don't need to have lots of money to be a philanthropist. You don't need a university degree to be a philanthropist. And you don't need to be over 70," she told councillors.

"Philanthropy involves a generosity of spirit, a desire to help and a firm belief that you can make a difference in your community, regardless of how much or how little you have to give or what you have to share."

She talked about the number of school children and residents who support a variety of causes with bake sales garage sales, runs and walks and the many volunteer hours that run and support community organizations.

Canada is the only country in the world to have a day to celebrate philanthropy, she said.

Nov. 15 is National Philanthropy Day, but the foundation has gone even further, proclaiming November Philanthropy Month in Niagara.

And to kick it off, the foundation is asking its partners—school boards, businesses, United Way agencies, businesses and municipalities—to celebrate Random Act of Kindness Day Friday, Nov. 1.

Palmieri challenged councillors and residents take part.

"You may even want to consider 15-minute courtesy parking tickets that day," she suggested to council.

Councillors were given cards to encourage them to perform an act of kindness, and by handing that card to the person they're helping, to also inspire them to "pay it forward," Palmieri explained.

Other events to mark Philanthropy Month:

*The Niagara Community Foundation 12th Annual Canadian Leaders Breakfast celebrating

*On Nov. 14 an inaugural 60 over 60 event, celebrating 60 volunteers over the age of 60.

*On Nov. 21 Senator Hugh Segal will speaker on Poverty Eradication and Economic Grow

*At the end of the month, the foundation will will announce grants awarded in 2013

NOTL organizations recently supported by the Niagara Community Foundation:

PENNY COLES Niagara Advance

Liz Palmieri, executive director of Niagara Community Foundation spoke to council last week.

*$500 for the Friends of Fort George toward the printing and binding of The Battle of Queenston Heights and Burying General Brock

*$3,262 grant to Willowbank toward an electronic database for the school's specialized conservation library

*$5,000 to the Weir Foundation for the construction of a wheelchair ramp to the museum.

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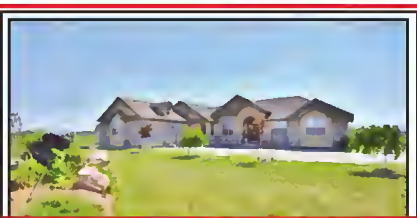

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Sun Media Halloween costume contest

It's time to take photos of your princesses and grab snapshots of your miniature Spider-Man heroes.

Halloween is coming soon and we want to see your most creative costumes.

Sun Media Niagara is launching an online costume contest that will run until the big day on Oct. 31.

Starting Tuesday, you can enter the contest by e-mailing photos to halloweencostumes@scribblelive.com. You can also tweet your local newspaper using the hashtag #SMNCostumes or Facebook message the images directly to any of the Sun Media Niagara newspaper pages. The pictures must be of kids under 18 years old and you must have permission to share the images.

The pictures will be added to our Sun Media Niagara websites starting Tuesday morning so you'll be able to visit the sites regularly to see what the competition looks like.

At 9 a.m. on Oct. 28, we'll stop accepting entries and pick our favourite 10 costume pictures. From there, you can help us select the winners by voting on an online poll. The winners will have their photos run in the Oct. 31 edition of The Tribune, The Standard and The Niagara Falls Review. The grand prize will be an overnight stay for your family in a fallsview room at Embassy Suites in Niagara Falls, a $250 gift card for dinner at Ruth Chris, and a four-pack of tickets to see an upcoming Niagara IceDogs game. That's a $750 value!

Sun Media Niagara is running a Halloween Costume Contest. Email your entries to halloweencostumes@scribblelive.com to enter. Photos can be emailed until 9 a.m. Oct. 28.

Niagara-on-the-Lake Horticultural Society Meeting

Tues. Oct 22nd

Growing Clematis and other Climbing Vines.

• *By Peter Keeping.*

How to plant, fertilize, prune different varieties and learn the different ways they grow. Recognize various diseases and which other climbing vines go with Clematis.

Community Centre 14 Anderson Lane

Refreshments: 6:30pm Meeting: 7:00pm

Annual Membership: Individual $15.00 *Family $20.00 *Business $30.00 *Students (over18) $5.00 Visitors welcome $5.00

www.notlhortsociety.com

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Niagara-on-the-Lake

Worship Directory

GRACE UNITED CHURCH
222 Victoria Street, Niagara on the Lake
905-468-4044
www.graceunitedchurch.com
Minister: Rev. Laura Borgerson
10:30 am Sunday Service
Music Director: Esther Giesbrecht
Parking passes are available at the Church

CORNERSTONE COMMUNITY CHURCH
1570 Niagara Stone Rd.
www.ccchurch.ca • 905-468-7155
Sunday, October 20th
9:30 am: 1st Service & CE
(childcare provided during entire service),
10:30 am: Coffee Time; 11:00 am: 2nd Service
(childcare provided mid-way through service)
Message by: Kevin Bayne, Pastor
Title: Confessing Jesus

GateWay Community Church (P.A.O.C.)
1665 Four Mile Creek Road • 905-468-8971
Sunday, October 20th 10:30 a.m.
October Theme: 'Thanksgiving'
Value Packed Parenting ~ Wednesdays 7 pm
'CAUTION: Anger Ahead!'
Pastor Dave Tunikaitis Ministering
www.gatewaycc.ca: check here for events and podcasts.

BETHANY MENNONITE CHURCH
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10:00 am Worship Service
11:00 am Sunday School
Come join us this Sunday!
Pastor David Brubacher
905-468-3505 • www.vexxine.com/bethany/

Village
St. Davids Public School Meeting at 1344 York Road, St. Davids 289-296-9036
Sunday, October 20th
10:00am Coffee Time + 10:30am Worship Service
Village Kidz (ages 1 - grade 5)
Uncommon Influence: Marriage
Pastor Greg Alderton
www.villagebiblechurch.ca

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Sunday, October 20th
10:30 am Worship
Message: accorDANCE cont'd
Pastor Rick Mills
Concession 7 & Queenston Rd., NOTL • 905-688-3958
lif abundantf llowship@gmail.com

ORCHARD PARK BIBLE CHURCH
www.orchardparkbiblechurch.org
434 Hunter Rd.
905-468-5731
Sunday, October 20th
Sunday School for all ages 9:45 am
Worship Service 10:40 am
Message by Pastor Jim Evans
Title: "No Fear" Psalm 23
Childcare provided during service

TRINITY LUTHERAN CHURCH
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905-468-2611 or 905-468-9673
10:00 am Worship Service
Pastor Larry Ritter

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Doc offering controversial advice

Marlene Bergsma
QMI Agency Niagara

He takes a dim view of pills, packaged food and inadequate pain medication for the dying.

And he's a champion of alcohol, heroin, natural supplements, and porn in seniors' homes.

With that kind of message, you could be forgiven for thinking W. Gifford-Jones is a highly unusual sort of doctor.

His real name is Ken Walker, and the former Niagara Falls gynecologist (he practiced in Niagara for 25 years from 1956 to 1981) and prolific newspaper columnist has a new book that continues in his renegade ways. "What I Learned as a Medical Journalist" is a collection of ideas previously published in the 70 Canadian newspapers that carry his column, The Doctor Game. To regular readers the themes will be familiar.

In the book, he takes a swipe at what he calls the medical establishment's unethical and expensive reliance on prescription medication – especially cholesterol lowering drugs.

"Of course we need prescription drugs," he writes. "But the blunt fact is that they can kill or cause serious complications. Natural remedies rarely do. So good sense dictates that they should be tried first before using the latest wonder drug."

Walker says he assumed the pen name when he wrote his first book decades ago, to satisfy the College of Physicians and Surgeons which wanted to prevent the book from being used in an attempt to recruit patients. The hyphenated moniker was chosen by his publisher from a list Walker had submitted because it "had the ring of a silver-haired surgeon to the Queen."

There are multiple references in the book to supplements, some of which Walker developed and sells himself.

He defends the potential conflict of interest, saying he developed the supplements because they weren't otherwise available. He believes people will benefit from them and explained that a portion of the proceeds of the sales funds the W. Gifford-Jones professorship in pain control and palliative care at the University of Toronto.

He is so convinced of the power of massive doses of Vitamin C and the amino acid lysine to prevent and even reverse deadly atherosclerosis that "I bet my own life on it," he said.

After a severe heart attack 15 years ago he began taking 10,000 mg of Vitamin C and 5,000 of lysine a day. Nearly 90 years old and in the middle of an ambitious cross-country book tour, Walker says he's living proof of the benefits.

"We are the most over-drugged society in the history of the world and we are not the healthiest, far from it," he said.

Walker is still considered a foe by many in the medical establishment and the pharmaceutical industry, and he's okay with that.

"I don't really go out and look for trouble but the point is when you see something that is wrong, you should go out and do something about it."

W. Gifford-Jones on what ails us:

Heroin – Although legalized in 1984 for use by the dying, it's no longer medically available in Canada, something Walker calls an "unforgiveable medical tragedy" and "a betrayal" of cancer patients.

Dr. Gifford Jones

Sex – A seniors' home in Denmark discovered pornography is a cheaper and more effective sedative than Prozac and now provides residents with Saturday night porn flicks and the occasional services of prostitutes. Based on reader responses he concluded "many seniors are merely looking for the loving touch of friend or family."

Alcohol – A beer or a glass of wine a day is good for you. "A pub in every Canadian hospital would do more good than most of the medicines patients get."

Natural supplements – Vitamin C and the amino acid lysine, taken in large enough doses, can prevent or reverse deadly atherosclerosis.

Humour – "Medicine is often such a grim affair that I have always tried to inject a bit of humour."

The W. Gifford-Jones prescription for good health

Eat less, consume alcohol in moderation, eats lots of fibre, take massive doses of Vitamin C and lysine, laugh often.

W. Gifford-Jones meet and greet

When: Oct. 24, noon to 2 p.m.

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Nominations being accepted for Wilkinson prize

Nominations for the Gina Wilkinson Prize, named in honour of Canadian actor, playwright and director Gina Wilkinson, are now being accepted.

The annual prize is intended to recognize and assist female theatre artists attempting to transition from one theatre discipline into the discipline of theatre direction. The award recipient will be chosen from nominations brought forward by members of the Canadian theatre community. This year's nomination deadline is Dec. 15th, the recipient will be announced on March 10 2014.

Shortly after Gina Wilkinson died in December 2010, a fund was established to benefit emerging female theatre directors. The Gina Wilkinson Prize was made possible by the generous support of over 200 people from all across Canada. In the spirit of Wilkinson's generosity and appetite for life and as a tribute to her unyielding dedication, vision and indomitable spirit that imbued her work and her life, the prize is a gift to be used in any way that the recipient chooses.

Past recipients of the Gina Wilkinson Prize include Ann-Marie Kerr of Halifax (2012) and Krista Jackson of Winnipeg (2013).

An actor for over 20 years, Wilkinson began turning her attention to both writing and directing and, in the last few years of her too short life, established herself as a daring, strong, inventive and important director and collaborator in the Canadian theatre community.

Eligibility:

Nominees must be members of the Canadian professional theatre community and Canadian citizens or have permanent resident status, as defined by Citizenship and Immigration Canada. Preference will be shown to nominees who have spent several years in a theatre discipline other than directing (acting, stage management, design, theatre administration, etc.) and who are now attempting to transition into directing.

The Prize:

A prize of $2,000 will go to the winning nominee. The recipient will be announced on March 10, 2014.

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Legals

NOTICE TO CREDITORS AND OTHERS

IN THE ESTATE OF NIKOLAUS ZIMMERMANN
deceased.

ALL claims against the Estate of Nikolaus Zimmermann, of the Town of Niagara-on-the-Lake, in the Regional Municipality of Niagara, who died on August 11, 2013, must be filed with the undersigned on or before November 4, 2013, after which date the Estate will be distributed with regard only to claims then received.

Dated at Niagara Falls, ON this 19th day of September, 2013

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Calvin Wm. Beresh
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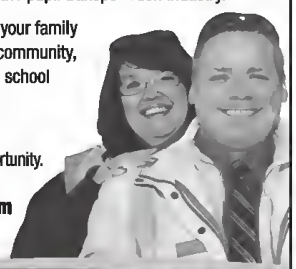

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Obituaries

TUTTY, Bryan - May 27, 1921 – October 10, 2013 Passed away suddenly and peacefully surrounded by his loving family. Beloved husband of Iona for 69 years. Loved father of Lynne Gill and Robin Tutty. Cherished Granddad of Vanessa Stahlbrand (Matt), Amanda Gill, Charles, Alexander, Greg (Charlotte) and Sophia Tutty and Great Granddad of Cameron and Drew Stahlbrand. Bryan served as a Lancaster Bomber Pilot in the R.A.F. 167 Squadron and was a Director of IATA until his retirement. He & Iona had a love for travel. He was also a keen golfer who played his last game earlier this spring. Cremation services have taken place. Arrangements entrusted to **CREMATION SOCIETY** of Windsor & Essex County 3260 Dougall Ave. (519-969-5449).

Coming Events

ALZHEIMER Society Niagara Region Support Groups for Care Partners meets third Monday of each month 1:30-3pm and the third Tuesday evening of each month(except July & Aug) 6:30 pm -8 pm, please RSVP Alzheimer Society, 403 Ontario St. Unit #1 St. Catharines. 905-687-3914

In Memoriams

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Sadly missed by wife Dorothy & Family.
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In Memoriams

In Memory
of our dear friend and colleague,
PETER LING
Octobar 20, 2003
It has been 10 years and not a day goes without one of us remembering what
"Patar would hava said"
or *"Peter would have done"*.
Your vast contribution to our community will be remembered always with great respect and appreciation. On behalf of tha Board, Staff and Mambars of tha Niagara-on-the-Lake Chamber of Commerce

Memories

JENNIFER LEIGH MADSEN
1972 ~2000

Throughout each day we carry the most beautiful memories of our daughter with us especially at this time of year. Jannifer lovad tha Fall colours and in her last days had gathered a golden orange Maple leaf and taped it on the window in tha front room. Sha walkad in the footsteps of Christ and stood at the foot of the Cross. Jennifer gave her family lova, happinass, laughtar and faith to move forward during the most difficult time of her journey. It is with this love and faith we all share in the memories of our daughter and the light Christ offers us all.

With eternal love from her family Chris, Lynn, Scott, Finn and friends

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'Fight like a girl' says local woman who battles breast cancer

Grant LaFleche
QMI Agency Niagara

It's the little things, the every day things, that Britiney Turasz will have to adapt too.

Having a job. Not being exhausted. Going out with her husband. Having hair again.

Maybe even having children.

For 10 months that might as well have been a life time, Turasz's existence was a series of doctors appointments and treatment sessions, punctuated by nausea, weakness and the inescapable feeling that the Reaper wasn't far behind.

Surgery. Chemotherapy. Radiation. All to protect her from a particularly aggressive form of breast cancer.

She won't know for some weeks if she is cancer free. But for now, at least, the ordeal is over. Last week, she finished her last radiation treatment at the Niagara Health System cancer centre in St. Catharines.

'I'm very happy and excited, so I think that is masking the tiredness. I do still feel very tired. It's a constant tired," Turasz said. "But I am very happy that my journey has come to an end after these 10 long months. I have to get back into the swing of things. and get used to going back to work and living my life as it was before. But it will never be the same. This has change me forever."

Turasz, 29, looks forward to a future that may never have been within reach but for the chance discovery on Christmas Day 2012, a mere six months after she married her husband Mark.

It was idilic by her description. A nearly Rockwellian depiction of a family Christmas. Then she felt her chest.

"I was adjusting my bra strap, when I noticed it the lump. It was high up, over my breast, which I thought was odd. I mean, don't you get breast cancer in your breast?" Turasz said. "Right away I had this really dark ominous kind of feeling in me that it wasn't good."

Her instinct was correct. Her doctor was concerned enough to order scans and a biopsy which confirmed the worst. The lump wasn't just breast cancer but, two particularly nasty and aggressive variants of the disease. Her doctors wanted to hit the cancers fast and hard.

She knew chemo might make her weak, but Turasz was unprepared for how much of her strength and vigour would vanish into the ether.

After one chemo session, she collapsed while trying to walk.

"I knew then that I had no choice but to take it easy for a long time," she said. "I was a newly wed, we were thinking about having children but we had to say we will be putting that off and your life goes on hold."

All but two of her chemo treatments were done in St. Catharines. The others were done in Windsor, where Turasz was part of a clinical study — all part of her oncologists attempt to strike as hard as possible at the cancer. Her preference was to be treated close to home. The trip to Windsor and back exhausted her already weakened body.

She took drugs designed to mitigate the side effects of chemo, and other medications to blunt the side effects of those drugs.

"The anti-nausea meds weren't even enough for me," she said. "I had the best two anti anti-nausea meds and it wasn't working so I needed the IV. Dr. (Janice) Giesbrecht (the head of oncology at the NHS) treated me very aggressively."

Compared to the long hours she had to spend hooked up to tubes several times a week during her chemo treatments, the radiation that followed was easier. Or at least less time consuming.

"Most of the time you spend in radiation is the set up, getting you ready for the treatment," Turasz said.

She has three "unasked for and unwanted tattoos" on her upper body — small dots used by the radiation therapist to accurately aim the energy.

"But the treatment itself only lasts two or three minutes. It's really quick."

Quick, but no less easier to live with it afterward. Her skin dried out, and sores developed in her mouth.

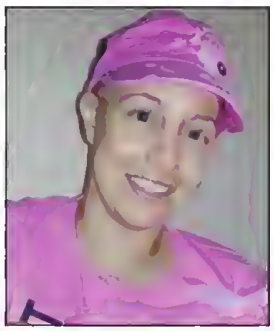
"They gave me meds for that which helped, and of course I needed other drugs for the side effects."

As punishing as it was, Turasz said she endured it with as much of a smile as she could. She really had no other choice.

"I said to myself I would do whatever I had to get through this," said Turasz, who relied heavily upon the strength of her husband — who had to inject her 80 times in the abdomen with Neupogen, a drug to boost her white blood cell count, during chemo - and mother Darlene Calvert.

"She had an inner strength I never expected. It lets me know I've done well. I've raised a good young woman here," said Calvert, sitting with Turasz after her final radiation treatment. "First cancer drops you to you knees. But if you are a fighter, if you to live and face a future without cancer you put on your boxing gloves and do what you have to stand up."

"Fight like a girl!" said Turasz.



Local woman Britiney Turasz battles breast cancer.

"You jump to your feet like someone possessed with adrenaline to ensure you have a life beyond this," Calvert said.

The treatments are over, but that doesn't mean Turasz's life is entirely her own. Follow up medical appointments will be routine for years. But for now, she can at least revel in the end of her ordeal.

"I just want other people who are facing this to know you can get through it," she said.

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NEW LISTING

BEV WIEBE* 289-407-5899

$379,000

4 THE PROMENADE

Old Town Location. Charming 2 + 1 Bdrm bungalow. Open concept DR & Great Room has gas f/p, vaulted ceiling, wood floors. Eat-in kitchen. Mstr Bdrm w/entry to 3 season sunroom. Windows ('09). Mn flr laundry & entry to 1 ½ car garage. Charlotte St area, steps to nature trails. A Deal Pleaser.

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42 BAY BERRY LANE

Great value in quiet enclave in Old Town. Bungalow townhouse, end unit, 1465 sq. ft. of main floor living, double garage. Open concept kitchen and great room with soaring ceilings

NEW LISTING

DAVID SHEARER* 905-468-4214.

$429,900

28 CRIMSON DR., ST. DAVIDS

Wonderful 2+1 bed, 3 bath bungalow townhouse w/ double attached garage in sought after Harvest Creek, quality built by Grey Forest Homes. Upgrades galore. Gorgeous kitchen w/ granite counters, hardwood flooring. Covered deck w/ gas hook up. Main floor laundry. Part finished bsmt w/ gas fp, wet bar, fabulous walkout to patio.

QUICK CLOSING POSSIBLE

KATIE REDEKOPP* 905-658-1564.

$434,000

2 CRIMSON DR., ST. DAVIDS

Bungalow townhouse end unit in Harvest Creek. 2+1 bed, 2+1 bath, previously model home, open concept w/ Elmwood kitchen, granite counter, beautiful hrdwd flrs, master bed w/ walk-in closet & ensuite, attached garage, finished bsmt. Quality built by Grey Forest Homes. Exclusive listing.

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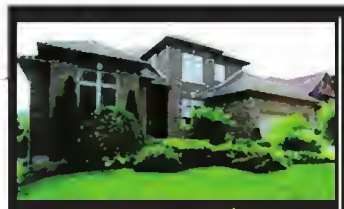
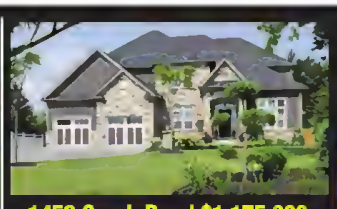


125 Tanbark Road $729,000.

Nestled on "The St. David's Bench" with breath taking views in the heart of wine country. This custom home with 3 car attached garage exudes quality at every turn. A raised and covered deck overlooks a luxurious "L-shaped" pool and the exceptional landscaping.



1452 Creek Road $1,175,000

A builder's pride and a wife's keen eye have coalesced to produce an outstanding family home on the banks of Four Mile Creek. Spacious rooms, soaring ceilings and natural high end materials and finishes give one a sense of awe at every turn. The entire rear yard with pool is fenced overlooking the conservation area and Four Mile Creek.

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7 Henry Street $269,900.

This 1400 sq.ft. bungalow will surprise you with all it has to offer. 2 +1 Beds, 2 baths, full open concept Kitchen, Living, Dining room, 3 season sunroom, main floor laundry and a tandem 2 car garage with a full heated workshop!

4-450 Nassau Street $339,000.

A wonderful and bright end unit featuring 2 beds, 3 baths with a fully finished Rec. Room. All Hardwood throughout, 2 gas fireplaces, main floor bedroom, eat-in kitchen and tons of windows. Private rear yard with a plethora of perennials.

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